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NEWS WORTH SHARING.

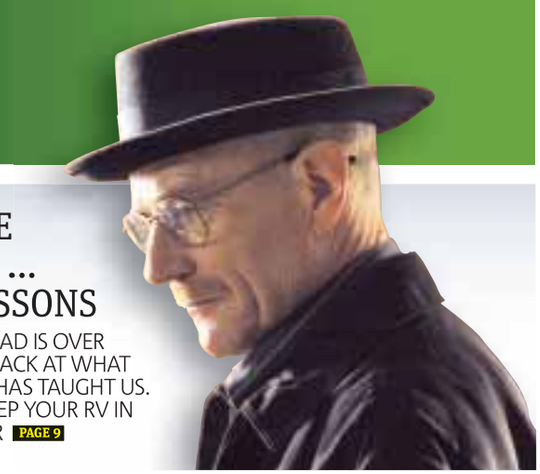
No NBA experience? No problem

Drake to the rescue! With the 2016 NBA All-Star game set for T.O., the Raptors look to rapper for rebranding PAGE 5

Comfort fees coming to airlines in U.S.

Extra legroom, early boarding, quiet lounges? Just the beginning. Now think iPad rentals, too PAGE 7

HE IS THE ONE WHO KNOCKS ... WITH LIFE LESSONS



NOW THAT BREAKING BAD IS OVER FOR GOOD, WE LOOK BACK AT WHAT THE HIT METH DRAMA HAS TAUGHT US. HERE'S ONE LESSON: KEEP YOUR RV IN GOOD RUNNING ORDER PAGE 9

$113-million bypass to speed flow of west Regina traffic

Construction continues on Monday on an overpass to connect the new West Regina Bypass with the Trans-Canada Highway just west of the city. ROSS ROMANIUK/METRO

Opening today. Commercial trucks, Global Transportation Hub to benefit from new roadway

ROSS ROMANIUK
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The traffic flow around west Regina is getting a long-awaited boost.

After about two years of construction, the West Regina Bypass is to open on Tuesday when the provincial government cuts a ribbon to unveil the $113-million expressway.

The project involves an eight-kilometre route with four lanes, a bridge across the Canadian Pacific Railway tracks and an overpass at the Trans-Canada Highway.

"And when the West Regina Bypass is done, it will be the principal access to and from the Global Transportation Hub," a Saskatchewan government spokesman, who asked not to be named, said on Monday.

The Trans-Canada overpass, which continued to be a flurry of construction activity on Monday west of Lewvan Drive, is a key component in keeping traffic — particularly large commercial vehicles — moving quickly through the district on the Queen City's outskirts.

"What it will do is provide a free flow of traffic. Right now, any traffic making left-hand turns there has to come to a complete stop," the spokesman said of eastbound and southbound vehicles at signals at the intersection along Highway 1.

"And some of the really long truck configurations that go to and from the Global Transportation Hub — there are triple-trailer units that go through there — can take 22 seconds to make a left-hand turn from a full stop."

Despite one ramp remaining to be built and what the spokesman called "cleanup work" including guardrails and curb-forming ahead, the overpass will be opened during an event at 9 a.m.

And the bypass is slated for an extension to the north.

"Ultimately," the spokesman said, "we'll continue the West Bypass up north from Dewdney Avenue all the way to Highway 11."

Move along, move along

"What it will do is provide a free flow of traffic. Right now, any traffic making left-hand turns there has to come to a complete stop."

A government spokesperson, on the Trans-Canada overpass.

Flirt Formal Fashions Presents

Shaken Not Stirred

A BLACK TIE AFFAIR

PURE ULTRA LOUNGE, 2044 DEWDNEY AVENUE - OCTOBER 23RD, 2013 - DOORS OPEN AT 6PM

In support of

ACCESS COMMUNICATIONS CHILDREN'S FUND

This special event will be held on Wednesday October 23rd, 2013 at Pure Ultra Lounge in support of Access Communications Children's Fund, which contributes funds and support to youth-based not-for-profit organizations and charities. The Children's Fund assists children and their families in need in the many communities they serve. Donations enable local charities and non-profit organizations to enhance the quality of life for those who may need a helping hand. It's just anotther way that Access Communications shows they care. Flirt Formal Fashions of Regina chose to support this very admirable cause with Regina's Premier Black Tie Affair – *Shaken Not Stirred!* "Tickets are affordable and proceeds go to support a great cause" said Tina from Flirt Formal Fashions. The evening is loaded with fantastic entertainment. Meet your friends and business associates for a live auction, grandeur fashion show, a stocked Martini Bar, and a Candy Bar to satisfy your sweet tooth. Door open at 6pm and tickets are available at Flirt Formal Fashions, Regina's freshest boutique for wedding gowns, prom & grad dresses, pageant gowns and ladies formal wear.

Tickets on sale NOW at Flirt Formal Fashions

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Elderly man dead after being hit by transit bus

Police on the case.
Still many unknowns, with cops in the early stages of investigation

ALYSSA MCDONALD
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An 80-year-old man has died after he was hit by a Regina Transit bus in the south end.

The Regina man succumbed in hospital to serious injuries he suffered when he was struck at the intersection of Parliament Avenue and Rae Street at about 11 a.m. on Monday.

The intersection was closed for a large portion of the day as police investigated at the scene. It was re-opened to traffic at 3:20 p.m.

"Those tend to be lengthy investigations because they involve a lot of processes that aren't overnight," said Elizabeth Popowich, spokeswoman for the Regina Police Service.

The bus appeared to have been heading eastbound on Parliament before turning north onto Rae.

Blood could be seen on the pavement just north of the intersection.

However, Popowich said she could not confirm the direction of travel.

"I know that one of the officers commented that the bus was pointing northeast, sort of in the middle of the intersection," she said.

Police are continuing to probe the collision. By late afternoon, they hadn't determined what caused the crash or decided whether charges would be laid.

They did say they're treating the investigation, which involves a municipal department, like any other.

"There isn't really anything our investigators would do differently. It's a vehicle-pedestrian collision," Popowich said.

"The law applies equally to all."

Brad Bells, director of Regina Transit, said he was unaware what route the bus was on and whether Transit would conduct its own review.

"All I can tell you," Bells said, "is just that it is under investigation right now and Regina police are involved."

Police officers put down markings on the road at Parliament Avenue and Rae Street, where an elderly man was hit and killed by a transit bus on Monday. ALYSSA MCDONALD/METRO

City may double sidewalk snow clearing

The city currently clears 44 km of sidewalk. ROSS ROMANIUK/METRO FILE

City snow-clearing crews are poised to possibly plow far more sidewalks than they've done before.

Administrators recommend increasing the number of sidewalks cleared by the city. Currently, winter maintenance policy outlines 44 kilometres of sidewalks to be plowed by municipal crews, while residents take care of 1,028 km.

It's one of three snow-clearing recommendations heading to the public-works committee on Thursday, before they go to the executive committee and city council.

"It's up to council and the committee to decide what we will do to change the policy," Mayor Michael Fougere said on Monday.

The proposals state that the city should begin plowing sidewalks adjacent to municipal parks and to buildings not regularly used in the winter in all road categories — not just on category 1 and 2 streets.

This would more than double the city's coverage, adding 59 km to its clearing list at a cost of $418,000.

"We always want to improve our service to residents. So it's a cost benefit — what's the benefit, and what's the cost to taxpayers?" said Fougere.

The city is also on track to blowing its $6.3-million snow-clearing budget for the calendar year by more than $900,000. Now the city will have to rely on a $3.5-million reserve to keep streets clear until January.

ALYSSA MCDONALD/METRO

Cameco

Uranium mines are gushing pollution, eco-group argues

An environmental group is raising pollution concerns about Cameco's uranium mining in northern Saskatchewan to the Canadian Nuclear Safety Commission.

But Cameco says the Sierra Club's submission creates a false impression of the environmental performance of the facilities.

The commission will hear from both sides as public hearings start Tuesday on Cameco's application to renew its mine and mill licences for its Key Lake, McArthur River and Rabbit Lake facilities.

John Bennett, executive director of Sierra Club Canada, says every pollutant coming out of the facilities is way over the allowable limit.

Bennett says there needs to be an environmental impact study before the licences are renewed.

Cameco spokesman Gord Struthers says the Sierra Club's numbers don't add up and that the company meets all government regulations. THE CANADIAN PRESS

North Battleford

Man killed in hotel stabbing

A 20-year-old man died on Monday morning following a stabbing at a North Battleford hotel.

RCMP responded to a report of the stabbing at approximately 4:11 a.m. They arrived at the hotel on the 900 block of 101st Street to find a 35-year-old man in the lobby with non-life-threatening injuries. They then found the 20-year-old victim in a room suffering from multiple stab wounds.

The men, who were injured in the same incident, were taken to Battleford Union Hospital. The 35-year-old remains in hospital, but the younger man has succumbed to his injuries. METRO

Thawing relations. Baird warns United Nations of Iranian 'charm' offensive

Foreign Affairs Minister John Baird warned the United Nations General Assembly on Monday to avoid being taken in by any Iranian charm offensives.

Baird evoked the memory of the failed appeasement of Nazi Germany in the year before the Second World War as he urged the gathered members in the UN chamber to tread carefully when taking Iran at its word.

He also spoke of the need to end the human-rights violations against girls and women, describing forced marriage as rape, and calling several times for the "human family" to unite to end violence against women.

On Iran, Baird was addressing an apparent thaw in the three decades of strained relations between the United States and Iran after President Barack Obama spoke by phone with his Iranian counterpart Hassan Rouhani last week.

It was the first conversation between the leaders of the two countries since the 1979 siege of the U.S. embassy in Tehran.

THE CANADIAN PRESS

Iranian President Hassan Rouhani THE ASSOCIATED PRESS FILE

Saudi Arabia. Doctor rejects claim that driving affects woman's ovaries

A Saudi doctor has gone on-air to dismiss claims made by a well-known cleric who caused a stir when he said medical studies show driving affects a woman's ovaries.

In comments aired over the weekend by the privately owned Rotana channel, gynecologist Mohammed Baknah says scientific studies have not proven that driving has adverse effects on women's reproductive health.

He was addressing remarks by Sheik Saleh Saad el-Leheidan who said that women who drive suffer from having the pelvis forced upward. His remarks were published Saturday in an interview with the website el-Sabq.

THE ASSOCIATED PRESS

Defying driving ban

- Hardline clerics have opposed a campaign scheduled for Oct. 26 calling on women to drive in defiance of a ban in the ultraconservative kingdom.
- Another cleric this month called on people to harass women who drive.

Human rights

NSA leaker Snowden up for top EU prize

U.S. intelligence leaker Edward Snowden is among three finalists for the European Union's top human-rights prize. European lawmakers narrowed down the list of nominees for the award to Snowden, Pakistani schoolgirl Malala Yousafzai and imprisoned dissidents from Belarus. THE ASSOCIATED PRESS

Investigation

NYC police check into report of parachutists

New York City police are looking for two unidentified people who may have parachuted onto a Manhattan street. NYPD Commissioner Raymond Kelly said private security guards reported seeing parachutists land in front of the Goldman Sachs headquarters at about 3 a.m. Monday.

THE ASSOCIATED PRESS

The morning sun illuminates the U.S. Capitol in Washington on Monday, as the government teetered on the brink of a partial shutdown unless Congress could reach an agreement on funding. The core of the dispute is the nation's health-care overhaul. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

Funding squabble fuels fears in Washington

'Obamacare' at core of dispute. Nation's stock market drops as fears spread over partial government shutdown

Republican unity showed unmistakable signs of fraying Monday as the U.S. Senate swatted aside the latest tea party-driven demand to delay the nation's health-care overhaul in exchange for averting a partial government shutdown at midnight.

Even in advance of the 54-46 party-line Senate vote, the stock market dropped as fears spread that the first shutdown in 17 years would inconvenience millions and harm the economy.

Ironically, the issue at the core of the dispute, implementation of key parts of "Obamacare," will begin Tuesday on schedule, shutdown or no.

As lawmakers squabbled, President Barack Obama urged them instead to "act responsibly and do what's right for the American people."

At the White House, he said he was willing to discuss long-term budget issues with members of Congress, and expected to soon. But, he added, "The only way to do that is for everybody to sit down in good faith without threatening to harm women and veterans and children with a government shutdown."

Obama's Democratic allies prevailed easily in the Senate on a vote to reject the latest House-passed bill, a measure that would delay the new health-care law for a year and repeal a tax on medical devices that helps pay for the program.

Anticipating their legislation would be rejected, House Republican leaders met in Speaker John Boehner's office to plan their next move.

Officials said that even though time was running short, they were expecting at least one more attempt to squeeze a concession from the White House, likely a demand to force a one-year delay in the requirement for individuals to purchase health coverage or face financial penalties. THE ASSOCIATED PRESS

Impact

Any shutdown would cause an uneven impact across the face of government, inconveniencing millions.

- Many low-to-moderate-income borrowers and first-time homebuyers seeking government-backed mortgages would face delays. Passport applications would be delayed.
- Some critical services such as patrolling the borders, inspecting meat and controlling air traffic would continue.

Essential workers to stay on job

In 1995, with American lawmakers having failed to agree on a budget, the government shut down. As a result, President Bill Clinton found himself surrounded by interns in the White House, as regular staff had to stay home. That's how Clinton met Monica Lewinsky.

Now, 18 years later, the U.S. government faces another shutdown. It needs a loan to keep paying its bills, but Republicans will only agree to letting it borrow more money if Democrats agree to reduce Obamacare, President Obama's government-supported national health-care system.

Since neither side has backed down, federal agencies were expected to close their doors Tuesday. Employees will be furloughed — forced to stay home without pay — and only essential services will be performed.

"Essential services" is the critical word: The government doesn't actually shut down. According to calculations by USA Today, only some 40 per cent of federal workers would have to stay home. The armed forces won't be furloughed, for example: All soldiers and officers must remain on the job, though they won't be paid. In other words, the Afghanistan war won't be directly affected.

ELISABETH BRAW/METRO WORLD NEWS

Former White House intern Monica Lewinsky THE ASSOCIATED PRESS FILE

Metro editor releases new book on Road to the NHL

A must read! Philip Croucher of Metro Halifax tells 25 stories of Maritimers making it all the way up the long and winding road

DAVE LANGFORD
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The Road to the NHL takes many different twists and turns for players seeking their first glimpse of the sights and sounds of a National Hockey League arena.

None more difficult than the path taken by Fredericton's Willie O'Ree.

More than 10 years after Jackie Robinson broke the colour barrier in major league baseball, O'Ree had the same distinction in the National Hockey League.

The date was Jan. 18, 1958, and O'Ree was a Boston Bruins' farmhand called up from the Quebec Aces for his first game. The site was the old Montreal Forum and there was little fanfare.

"I didn't know what I had done until I read the papers. It was the media that gave me the name 'the Jackie Robinson of hockey.'"

The story is one of the favourites in a new book written by Metro Halifax managing editor Philip Croucher titled Road to the NHL: The incredible stories of 25 Maritimers making it to The Show.

Croucher said it was a "privilege" to talk to O'Ree more than 50 years after that ground-breaking day.

"The big thing was not just the racism he felt; he also was playing basically with one eye. A lot of people forget that," Croucher said.

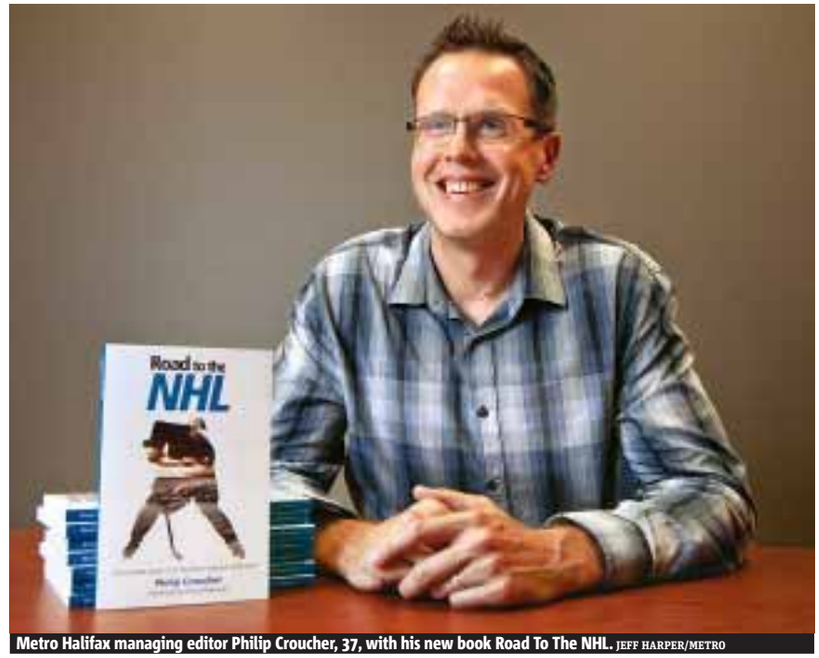
"Not only was he dealing with constant racist chants while he was playing, but he was also not able to physically see like he wanted to."

Croucher said O'Ree's inclusion in the book was an easy one, but it wasn't as simple making all the choices.

He said the book deals with the path to the NHL and not the events that happened once they got there.

The players profiled

1. **Nova Scotia.** Eric Boulton, Sidney Crosby, Norm Ferguson, Lowell MacDonald, Al MacInnis, Paul MacLean, Brad Marchand, Mike McPhee, Glen Murray, Jody Shelley, Colin White.
2. **New Brunswick.** Mike Eagles, Danny Grant, Randy Jones, Rollie Melanson, Willie O'Ree, Scott Pellerin, Don Sweeney.
3. **Prince Edward Island.** Gerard Gallant, Forbes Kennedy, Al MacAdam, Billy MacMillan, Bobby MacMillan, Adam McQuaid, Brad Richards.



Metro Halifax managing editor Philip Croucher, 37, with his new book Road To The NHL. JEFF HARPER/METRO

Drake to help rebrand Raptors for 2016 All-Star game

Rapper Drake and Mayor Rob Ford share a laugh at Monday's announcement that T.O. will host the 2016 NBA All-Star game. FRANK GUNN/THE CANADIAN PRESS

The 2016 NBA all-star game is coming to Toronto and the Raptors are looking to one of the music industry's biggest stars to help revamp the franchise in time for the festivities.

The club has named Drake its new "global ambassador" and the Toronto rap star will have a voice in the team's rebranding.

Tim Leiweke, president and CEO of Maple Leaf Sports and Entertainment, says he and his team are in the process of planning a major facelift that will include a new look and new colours, but not a new name. Leiweke says Drake will be heavily involved in the rebranding effort, which is expected to take the next two seasons.

"I'm really out here with the people; I'm in touch with what they want to see," Drake said at a news conference Monday confirming Toronto as the 2016 host.

"I really just want excitement for this team. I want us to be one of the biggest teams in the league."

Drake says he wants to do "everything in my power to increase the brand and just grow the franchise."

Leiweke called the all-star announcement the beginning of a "new age" for the Raptors.

But the Raptors have a long way to go on the court. They haven't made the playoffs since 2008. New GM Masai Ujiri says the onus is now on him and his players to improve. Mayor Rob Ford also attended Monday's announcement.

THE CANADIAN PRESS

The past

The city last hosted an All-Star game in 2008 when Major League Soccer held its showcase here.

- The NHL staged its All-Star game in Toronto in 2000 while the Toronto Blue Jays hosted baseball's marquee contest in 1991.
- The 2014 NBA All-Star game will be in New Orleans.

Mitten marketing

Now blue mitts with Go USA to be sold by USOC

The U.S. Olympic Committee is taking a page from the red-mittens craze Canada sparked at the 2010 Vancouver Games.

The USOC will start selling its own blue mittens — with the words Go USA embroidered on the palms — on Oct. 29.

They'll go for $14 a pair on the USOC website.

Proceeds from the sales will help U.S. athletes on their way to Sochi, Russia.

The USOC hopes the mittens will be as big a hit for the U.S. team as they were for Canada.

THE ASSOCIATED PRESS

First in Canada

Blood bank for umbilical cords opens in Ottawa

Canada's first national public blood bank for umbilical cord blood is set to begin to take donations at an Ottawa hospital.

Canadian Blood Services says the National Public Cord Blood Bank will let the public donate instead of discard umbilical cords, which are a rich source of desperately needed stem cells.

It says some 1,000 Canadians are currently waiting for life-saving stem cell transplants to treat diseases such as leukemia, lymphoma or aplastic anemia.

Canadian Blood Services says Canada is the only G8 nation that doesn't have a national public cord blood bank. It says once the bank is fully up and running pregnant women 18 years or older will be able to donate at collection hospitals in Ottawa, Brampton, Edmonton and Vancouver. Similar private banks already operate.

THE CANADIAN PRESS

Harper nominates male appeal judge for Supreme Court

Marc Nadon. Decision raises questions about so-called gender imbalance in nation's highest court

Prime Minister Stephen Harper dipped into the ranks of the Federal Court of Appeal on Monday to nominate Justice Marc Nadon to fill a vacancy on the Supreme Court of Canada.

The appointment marks the second time in two years that Harper has filled a Quebec-designated seat with a male appointment, once again raising questions about why he hasn't done more to address the so-called gender imbalance on the country's highest court.

Nadon's appointment, which will likely be approved, would maintain a ratio of six men to three women on the high court.

Harper faced criticism last year when he appointed Quebec jurist Richard Wagner to the high court instead of a female candidate. Wagner replaced former justice Marie Deschamps.

Nadon's nomination comes after the mandatory retirement of former justice Morris Fish this past August. Some legal observers had been expecting Harper to appoint a woman in order to even out the high court's gender balance.

NDP leader Tom Mulcair walked the fine line Monday between praising Nadon as a worthy addition to the country's highest court while recognizing the lack of overall female representation on it.

THE CANADIAN PRESS

Omar Khadr case

- Nadon wrote a dissent in the Federal Court of Appeal's split decision in the Omar Khadr case. Nadon sided with the Harper government and wrote that "Canada has taken all necessary means at its disposal to protect Mr. Khadr during the whole period of his detention at Guantanamo Bay."
- Nadon was overruled by two fellow jurists who ordered the government to request Khadr's repatriation from the much-maligned U.S. military prison in Cuba. Khadr has since been brought to a Canadian prison.

Former doctor back in court

Isabelle Gaston, ex-wife of Guy Turcotte, speaks to reporters during a break in the appeal hearing Monday in Montreal. Turcotte was found not criminally responsible in the 2009 slayings of his two children. The case of the former Quebec doctor who killed his young children returned to court Monday with the Crown appealing a verdict that found him not criminally responsible. RYAN REMIORZ/THE CANADIAN PRESS

Romania. Spy agency monitoring gold mine

Romania's domestic spy agency has been monitoring developments involving a planned Canadian-owned gold mine for years, its chief acknowledged Monday, saying that some demonstrations against the project have been manipulated by people he called "eco-anarchists."

Spy chief George Maior's comments before a parliamentary committee came after the head of Romania's foreign intelligence agency said last week that it had been monitoring foreigners who allegedly paid Romanians to agitate for and against the massive gold mine project in Romania.

The mine, run by Gabriel Resources, is sitting on an estimated 314 tons of gold and 1,500 tons of silver. Proponents have been trying to get permits for 14 years but so far no date has been set for it to begin operating.

THE ASSOCIATED PRESS

Owner tours rental 'embassy' after man's arrest

Rebekah Caverhill enters her rental property for the first time in Calgary on Monday after a follower of the Freemen-on-the-Land movement was arrested and removed from the home. JEFF MCINTOSH/THE CANADIAN PRESS

A woman has seen her Calgary rental home for the first time since a self-proclaimed sovereign citizen was removed from the property last week.

Rebekah Caverhill says the man claimed the home as his "embassy" shortly after moving in and she spent nearly two years trying to get him out.

Caverhill was crying as she toured the beige-brick duplex with a throng of reporters and cameras.

Windows were covered with towels, clothing was heaped on floors and dirty dishes were piled in the kitchen.

Alphabet magnets on the refrigerator spelled out the word "respect" and a sign on the door of one room called it a meeting place for people of the Sovereign Embassy of Earth.

Caverhill rented the home to Andreas Pirelli in November 2011 but soon after he identified himself as a follower of Freemen-on-the-Land, claimed the home as an embassy, changed the locks and placed a lien on the property.

He was arrested Friday morning by police on outstanding warrants from Quebec.

A half dozen followers remained in the home immediately after his arrest but requested police assistance to leave later in the day.

"A caller had requested assistance for a group of people contained within the residence (who) were looking to leave," said Calgary Police Duty Insp. Darrell Hesse.

"Apparently there was some concern on their part that there were some angry citizens outside and they may erupt when those people left."

Police did a thorough search of the home, which was empty. THE CANADIAN PRESS

Freemen

- The Law Society of British Columbia and B.C. Notaries have issued warnings about Freemen and, in a bulletin last year, the society estimated the group could number as many as 30,000 in Canada.
- The FBI considers the movement a domestic terror threat in the United States.

Golden, B.C.

Tree planters endured slave-like conditions: Lawyer

A lawyer for a group of African tree planters discovered three years ago living in deplorable conditions in a Golden, B.C., camp says the workers endured slave-like conditions.

Sarah Khan told a B.C. Human Rights Tribunal that the camp, operated by Khaira Enterprises Ltd., was divided along racial lines, where black workers endured racial slurs, violence and mockery, and had to work in harder terrain than non-black workers.

Khan says the workers were given undercooked or expired food to eat, and had to sleep on dirty mattresses in storage containers with no ventilation and inadequate shower facilities.

She told the tribunal the workers received little or no wages, so many of them became homeless for a while after the camp was shut down by B.C.'s Ministry of Forests. THE CANADIAN PRESS

Personal finances

Canadians hit hard by unexpected health costs: Report

Nearly half of Canadians facing a major health incident like cancer or a stroke are struggling financially as a result of their illnesses, according to a report from Sun Life Financial.

The company's annual health index found that 40 per cent of those surveyed earlier this year reported feeling financially strapped after a serious health event or diagnosis, while 53 per cent of 45 to 54 year olds have been hit hard by unforeseen health-care costs.

While a majority of Canadians realized that a serious health event could impact their personal finances, only 13 per cent said they had money set aside for uncovered health-care costs.

"People don't necessarily see themselves as being at risk for a major health event," said Kevin Dougherty, president of Sun Life Financial Canada.

THE CANADIAN PRESS

Mental health

Self-injury in federal prison on the rise: Report

The number of self-injury incidents in federal penitentiaries has more than tripled since teenager Ashley Smith choked to death in a prison cell in 2007, a federal ombudsman says.

A report from the Correctional Investigator of Canada calls on the federal prison service to treat chronic self-injury as a mental health concern, not a security or control issue.

There were 901 incidents of recorded prison self-injury involving 264 offenders in 2012-13, said Correctional Investigator Howard Sapers.

Self-injury, including cutting, head-banging and self-strangulation, involves inordinate numbers of aboriginal women inmates, found the study released Monday. Aboriginal women accounted for nearly 45 per cent of all self-injury incidents involving female prisoners. THE CANADIAN PRESS

Renewable energy

Ikea to begin test sale of solar panels in U.K.

Ikea will start selling residential solar panels at its stores in Britain, the first step in its plan to bring renewable energy to the mainstream market worldwide. A standard, all-black 3.36-kilowatt system for a semi-detached home will cost about $9,500 and will include an in-store consultation and design service as well as installation, maintenance and energy monitoring service.

"In the past few years the prices on solar panels have dropped, so it's a really good price now," said Ikea chief sustainability officer Steve Howard.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
97.06¢ (unchanged)

TSX
12,787.19 (-56.89)

OIL
$102.33 US (-54¢)

GOLD
$1,327 US (-$12.20)

Natural gas: $3.56 US (-3¢)
Dow Jones: 15,129.67 (-128.57)

Inflight services offer a taste of the good life — but there's a fee for that

Airlines. Want to rent an iPad preloaded with movies? Want an empty seat next to you? Get ready to open your wallet

Airlines in the U.S. are introducing a new bevy of fees, but this time passengers might actually like them.

Unlike the first generation of charges, which dinged flyers for once-free services like checking a bag, these new fees promise a taste of the good life, or at least a more civil flight.

Extra legroom, early boarding and access to quiet lounges were just the beginning. Airlines are now renting Apple iPads preloaded with movies, selling hot first-class meals in coach and letting passengers pay to have an empty seat next to them. Once on the ground, they can skip baggage claim, having their luggage delivered directly to their home or office.

In the near future, airlines plan to go one step further, using massive amounts of personal data to customize new offers for each flyer. "We've moved from takeaways to enhancements," says John F. Thomas of L.E.K. Consulting. "It's all about personalizing the travel experience."

Carriers have struggled to raise airfares enough to cover costs. Fees bring in more than $15 billion US a year and are the reason the airlines are profitable.

But the amount of money coming in from older charges like baggage and reservation change fees has plateaued. So the airlines are selling new extras and copying marketing methods honed by retailers.

Technological upgrades allow airlines to sell products directly to passengers at booking, in followup emails as trips approach, at check-in and on mobile phones minutes before boarding.

Delta Air Lines recently gave its flight attendants wireless devices, allowing them to sell passengers last-second upgrades to seats with more legroom. And just like Amazon.com offers suggested readings based on each buyer's past purchases, airlines soon will be able to use past behaviour to target flyers. "We have massive amounts of data," says Delta CEO Richard Anderson. "We know who you are. We know what your history has been on the airline. We can customize our offerings."

THE ASSOCIATED PRESS

You can't raise fares, so you've got to add fees ...

- When airlines try to raise fares, they are met with resistance. Customers either change travel plans, use another carrier or don't travel at all, says Jim Corridore, an airline analyst with Standard & Poor's Capital IQ.
- In the past three years, airlines have tried to hike fares 48 times, according to FareCompare.com. During 29 of those attempts, bookings fell enough that airlines abandoned the increase.
- Most fares today don't cover the cost of flying. While the average domestic roundtrip base fare has climbed three per cent over the past decade to $361.95 US, when adjusted for inflation, the price of jet fuel has nearly tripled.

Passengers check in their luggage at the Delta counter at Hartsfield-Jackson Atlanta International Airport on Friday. Delta customers have a new option to purchase an upgrade that includes a second bag to check, amongst other perks. JOHN AMIS/THE ASSOCIATED PRESS

BRIDGING THE GAP

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SPOILER ALERT: I'M A NETFLIX CHEATER

SHE SAYS

Jessica Napier
metronews.ca

I'm in a loving and happy relationship but I have to admit that lately I have a problem with cheating. I do it late at night, usually during the week and so far I've never been caught.

Before you get the wrong idea, I should point out that my specific brand of infidelity involves a television remote and an insatiable appetite for 50-minute dramas. I'm of course talking about Netflix cheating.

Like any good North American couple burdened with a mortgage that restricts discretionary spending, television is a popular pastime in our household. Over the years we've developed a roster of programs that are "ours" and we have vowed to always enjoy these shows together… well, in theory.

The problem is that Netflix has changed the way people watch television; with multi-season streaming available at our fingertips, viewers no longer have to wait a week between episodes or suffer through summers full of reruns. Online on-demand services make it possible for us to watch hundreds of thousands of hours of programming virtually whenever and wherever we want.

And when every episode ends on a cliff-hanger and the next show begins to play automatically, it's hard for greedy consumers to switch off. If I was crafty enough to figure out how to access the far superior American version of Netflix I might never actually leave the house.

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night. And as much as I hate to admit it, I've gotten pretty good at deceiving him. I can fake a convincing surprised expression when major plot twists are revealed and I've learned how to reset the account in order to erase the evidence of my digital betrayal.

Sure I may be weak and disloyal, but at least I'm not alone in my shame. Earlier this year, Netflix conducted a survey among its American customers as part of a promotional campaign. Their poll revealed that over 50 per cent of couples have considered cheating on their significant other by streaming a television program that they'd promised to watch together. Now I'm well aware that fighting over your television viewing habits is right up there on the list of privileged people problems alongside your local Starbucks running out of pumpkin spice latte syrup. Still, that doesn't mean I feel any less guilty about my indiscretions.

So consider this column a public admission of my infidelity and a pledge to make a change. From now on I promise to try and remain faithful to the sacred union between a couple and their big screen…just after I finish watching episode four of House of Cards.

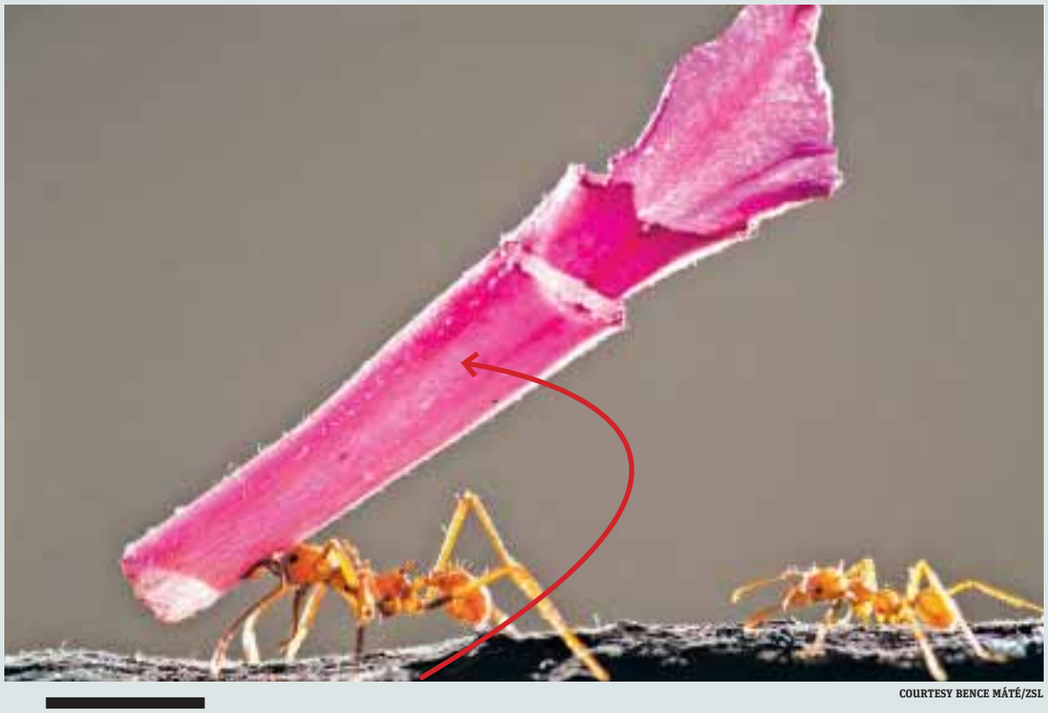
What we watch when our partner is not watching

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

That other ant is going to look pretty lame when it comes back with nothing



COURTESY BENCE MÁTÉ/ZSL

Herculean ant pic wins top award

A tiny leafcutter ant demonstrating its immense strength is among the winning images from this year's Zoological Society of London's (ZSL) Animal Photography competition. Bence Máté, from Szeged, Hungary, shot this vibrant picture at the Laguna de Lagarto rainforest lodge, near Boca Tapada in northern Costa Rica. METRO

Two of the all-time best ant facts

50
times their own body weight is what an ant is capable of carrying.

30,000
eggs is what each queen leafcutter ant lays each day.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

For the Breaking Bad PVR set, turning on your computer (or leaving your house) can be terrifying. While we can't help what your local barista discloses, we can tell you how to create your own world wide web free of unwanted spoilers, pop stars and advertisements.

PHOTO ILLUSTRATION/METRO

Spoiler Shield
This free iDevice app let's you cruise Facebook, Twitter spoiler-free the day after missing your favourite TV series, sports game, reality show.

No Cyrus:
Though the Miley Cyrus stir is slowly starting to stop, for those who have absolutely reached their limits with the Disney wreck, there's an app. The No Cyrus Chrome plug-in filters out all mentions of the teen formerly known as Hannah Montana.

Adblock Plus
Among the most popular of the adblock programs, Adblock Plus not only blocks ads, but also can be used to block tracking and malware. Best of all, it's free.

Comments

RE: No end in sight to grocery wars in Canada, published Sept. 28

"It's been a tough year for the grocery industry"? Ha, ha, ha, good one. Guess they don't think consumers can calculate gouging price increases.
Tim Snider, posted to metronews.ca

Is this why the federal government redefined "local" so the big chains can lay claim to selling local foods?
mel now from surrey, posted to metronews.ca

Twitter

@metropicks asked: Raptors to get a rebrand as hiphop superstar Drake takes over as the basketball team's global ambassador. How can he make them cool again?

Well they're basically starting from the bottom, so…
@DizzleDaKing

Follow @metropicks to answer our daily poll question. Best answers published right here.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Don't dissolve a body in a bathtub, and other lessons

Breaking Bad. With the exciting finale of the dark, ultra-popular show behind us, we list the top 10 things to be learned from Walt's world

Meth cook/science maestro Walter White laundering money in the pilot episode of Breaking Bad. AP PHOTO/AMC

Sunday's Breaking Bad turned out the lights on one of the darkest shows in television history.

Even as this drama cooked up storylines that celebrated evil and depravity, Breaking Bad gleamed with a bright side, too. There were plenty of positive messages for the viewer who acknowledged them during the series' five-season run.

Here are 10 lessons Breaking Bad leaves behind:

1) Stay in school and study hard!
As Walter White demonstrated after he ditched teaching for producing crystal meth, you can make millions from a subject like chemistry that far too many youngsters (including Mr. White's bored students) find annoying and useless. Walt (a.k.a drug lord Heisenberg) proved otherwise with his storage shed of money.

2) Chemistry has everyday applications.
The next time you dispose of a corpse with hydrofluoric acid, all you devoted Breaking Bad viewers will know not to dissolve the body in a bathtub, but instead in a plastic container. You learned this valuable tip in season one, when Walt's lab assistant Jesse Pinkman disregarded his instructions and regretted it. The acid memorably dissolved through the bathtub and floor at Jesse's house, leaving a bloody mess in the hallway downstairs. You won't make that mistake.

3) Family is oh, so important.
Breaking Bad reminds you that entering the drug trade and messing with the wrong people in it can lead to your wife and teenage son despising you. It can also lead to your brother-in-law getting brutally murdered. You would hate that if it happened.

4) Build a better mousetrap.
Steve Jobs knew it. Jeff Bezos knows it. Walt White serves as a mythical champion of their kind of acumen: Offer a better product with an obvious advantage, and the world (or, anyway, addicts who loved Walt's super-potent "blue sky" crystal meth) will beat a path to your door.

5) Need a lift? Try a personal makeover.
If you're stuck in a rut, like Walter White at the start of Breaking Bad, consider a new look. Shave your head, grow a tidy, I-mean-business beard and fit yourself with a black pork pie hat. Then come up with a new name. Like Heisenberg. In your new identity, people will fear you and you're sure to go far.

6) Keep your personal vehicles, especially your RV, in good running order.
A regular checkup to keep Walt's rolling meth lab in tip-top shape would have spared him and Jesse inconvenience, not to mention mortal danger.

7) Keep a shrewd lawyer on call, especially if you mean to routinely break the law.
Sure, he may be a sleazebag and a shameless self-promoter. But a lawyer like Saul Goodman ("Better call Saul!") is worth his weight in hundred-dollar bills to a client like Walter White, whom he represented faithfully, if more than often sarcastically. With his mastery of trade practices — legal and illegal — Saul was the most impressive TV lawyer since Perry Mason.

8) Like it or hate it, Obamacare in the U.S. might cut down on illegal drug trade (at least on TV).
If financially strapped schoolteacher Walt White had had better health care when he got his cancer diagnosis, maybe he wouldn't have begun cooking meth to help cover his expenses. Meanwhile, his long-term problem — leaving his family provided for after his death — might have been a non-issue had teachers in his district been better paid. On the other hand, if Walt had found himself in less of a jam, there would have been no Breaking Bad.

9) Finish what you start.
It's never good to leave hanging important tasks. Walt is a shining example of a guy determined to tie up loose ends. That was part of why the Breaking Bad finale was so good.

10) Follow your bliss (and be willing to forge a different path getting there).
Walter White discovered this lesson. Vince Gilligan demonstrated its wisdom in real life by creating Breaking Bad, a radically different series. So did AMC execs by airing what turned out to be perhaps the best drama of all time. How many other networks are willing to learn?

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Katy Perry. ALL PHOTOS: GETTY IMAGES

Want to know Katy Perry's inner thoughts? It's all in her music

Katy Perry went through some pretty dark times following her split from ex-husband Russell Brand, writing one of her new songs, By the Grace of God, about the time she found herself on the bathroom floor considering suicide, she tells Billboard magazine.

"That song is evident of how tough it really was at a certain point," she says.

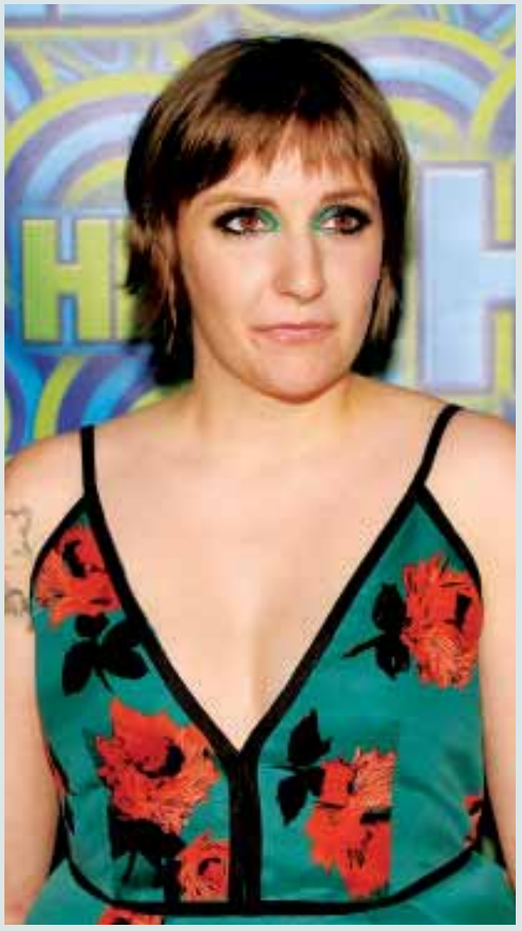
"I asked myself, 'Do I want to endure? Should I consider living?' All the songs are real-life moments. I can only write autobiographically. I put all the evidence in the music. I tell my fans if they want to know the real truth about stuff, just listen to the songs."

Miley Cyrus

Miley's like the Pixies, but with more tongue

While everyone else is obsessing over her awards show antics and the breakup of her engagement, Miley Cyrus is worried about her legacy. "There are albums that people still are listening to, like Michael Jackson's Bad, because it's so f—ing dope. I want people to listen to my album like that," she tells Rolling Stone. "From the time I was 16 until I was 18, the Pixies is all I listened to. And I'm going to be that artist to so many people, so I want to make sure my record is the best it can be. I'm trying to set a new standard for pop music."

The Word



Girls just wanna have fun

MELINDA TAUB
Metro World News in New York

If I were a religious person, this might be my holy trinity of lady comedy: Lena Dunham, indie darling; Mindy Kaling, taking the broadcast mainstream by storm; and Tina Fey, overlord comedy queen supreme. On Saturday night, all three of them came together.

Well, sort of. Lena and Mindy came together in L.A. to watch the Saturday Night Live premiere, and Tina Fey came together with herself to make fun of Lena.

The 30 Rock star appeared in a spoof of Dunham's HBO show Girls, playing Blerta, a new Albanian roommate horrified by how spoiled these rich American girls are. It's pretty funny (and possibly also a nod to former SNL writer Simon Rich, whose novella in the New Yorker had a similar premise). Luckily, Dunham wasn't offended: Mindy Project star Kaling posted a pic on Instagram of her enjoying the sketch. "Original Girl enjoying Blerta on #snl's Girls at my house," she wrote.

"The SNL parody of Girls was a true honour," Lena later tweeted. "Very excited about the current lineup of SNL ladies. They are funny like whoa." Agreed. Especially new girl Noel Wells, who does a spot-on Lena impression.

Kirstie Alley

Kirstie Alley tweets her support for Scientology

The Church of Scientology has at least one defender during the current wave of criticism it's receiving. Kirstie Alley took to Twitter to sound off after ex-Scientologist Leah Remini spoke out against the Church on Dancing with the Stars, writing, "This is one of those days when I might just retaliate with the truth. Mean people keep us fuelled."

But she might not be coming to anyone's aid online for very long: "Won't be tweeting much in the near future," Alley posted.

"Going to strand myself on an island and turn myself into a goddess. … Shut up!" We'll see how long that lasts.

Roman Polanski

Geimer forgives Polanski in new memoir

While many still want Roman Polanski brought to justice for allegedly drugging and raping Samantha Geimer when she was 13 years old, Geimer herself says in a new memoir, the Girl, that she's forgiven him. "As different as our lives have been, we do share a common sense of battle fatigue when it comes to the court system and the media," she writes. "We've both been punished. We both want to move on. We both might be considered victims." And she insists her forgiving Polanski was the right thing to do: "If you go through your life carrying hate in your heart, you really only hurt yourself," she writes. "I didn't forgive him for him, I did it for me."

Twitter

@RedHourBen
I can't believe it's gone.

@WhitneyCummings
Watching the Breaking Bad finale without having seen any of the series. I have some questions

@TheRealRoseanne
May it please ascended masters to aid me 2 reverse the decree against the ppl

Elisha Dacey

Half Off: Eating your stress

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off).

With an unexpected gallbladder surgery a few weeks ago and moving to a new house last week, Dacey has been seriously stressed.

"There was no food in the house, and everything was packed along with my exercise equipment and scale — I couldn't even weigh myself," she said.

But Dacey's determined to not gain weight.

What did the experts advise?

Albert offered tips on how to make healthy fast food choices.

"When we went to Papa Murphys Take 'N' Bake Pizza, our favourite pizza place, we ordered the thin-crust pizza," says Dacey.

Cieciwa also asked Elisha to try to fit in a few fitness walks between unpacking — and to shine up her weights when she unpacked them and get ready to start the program again.

YLVA VAN BUUREN/FOR METRO

Oatmeal: The return of eight power combos

Food choices. The hot breakfast is back — we'll soon be hitting low temperatures, so it's OK for us to live off oats. We share our top combinations

ROMINA MCGUINNESS
wellness@metronews.ca

Skipping breakfast isn't going to make you skinny.

Dietician Patricia Bannan, author of Eat Right When Time is Tight, tells Metro that it is essential.

"You've been fasting for at least eight hours, so you need to eat within two hours in order to boost your metabolism, stabilize blood sugar levels, and improve your mood," she explains.

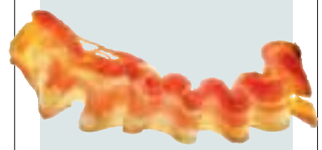
"A good rule of thumb is that a breakfast should be at least 200 calories and contain some protein and fibre for sustained energy."

So, because we love oatmeal and we hope we've convinced you to eat up in the morning, we've teamed up with Bannan and came up with eight awesome recipes that will make you want to enjoy it.

Just not too much of it — hence the portion sizes. You can make your oatmeal with either water or milk (rice, almond, cow) or half milk and half water.

200 grams cooked oatmeal
1 tbsp almond butter
1/4 sliced banana
1 tbsp chocolate chips

200 grams cooked oatmeal
1 tbsp maple syrup
1 strip chopped bacon
cinnamon to taste



200 grams cooked oatmeal
1/5 chopped avocado
2 tsp olive oil
1 fried egg
30 grams smoked salmon

200 grams cooked oatmeal
1 tbsp cardamom
1/2 cup berry compote
1/4 cup dried chopped cherries
1 tbsp walnuts

200 grams cooked oatmeal
1/2 chopped apple
2 tbsp toasted almonds
cinnamon & brown sugar to taste

200 grams cooked oatmeal
2 tbsp chopped pistachios
2 tbsp chopped figs
brown sugar to taste

200 grams cooked oatmeal
1/4 cup vanilla yogurt
1/2 chopped peach
2 tbsp chopped glazed pecans
cinnamon to taste

200 grams cooked oatmeal
1 tbsp miso paste
1 tbsp butter
2 tbsp toasted walnuts
1 shaved radish

Hockey. Crosby's trainer provides tips to get ready for the season

Planning to lace up and hit the ice after a summer spent doing next-to-nothing? Andy O'Brien, Sidney Crosby's personal trainer and ambassador for the new Reebok Sidney Crosby SC87 Collection, gives us his five tips to get ready for ice time.

Tip #1
Learn to warm up and prepare thoroughly before going on the ice. A thorough warm up will make you play better and reduce injuries, but it will improve the way your body improves week after week.

Tip #2
Aim for gluten-free, starchy carbs on the day of a game. Many of the traditional pastas are rich in gluten, which has negative consequences on the immune and central nervous systems. Go with brown rice pastas, quinoa, wild rice and buckwheat and cook your grains thoroughly.

Tip #3
Mix in some standing bike sprints. Seated biking is generally a poor choice for aerobic conditioning because of its biomechanical impact at the hip. But standing bike sprints allows the hip to extend and the glutes and quads to contract more similar to skating.

Tip #4
Get low in your exercises. The key to playmaking with speed and power is getting low and staying low. Perform more exercises that require maintaining a low position, and less of the traditional vertical movements.

Tip #5
Work on ankle and hip flexibility. These are two of the most important performance variables. Getting into a strong position requires flexibility. Flexibility is not just for ballerinas; it's for elite athletes too. METRO

Be aware. A proper self-examination is the key to early detection

Dr. Marisa Weiss strongly recommends performing breast self-exams once a month several days after your period. ISTOCK

LAURA GOLDMAN
Metro World News in New York

Dr. Marisa Weiss calls herself a dual citizen in the world of breast cancer. Weiss, a practising breast-cancer oncologist at Lankenau Medical Center near Philadelphia, is founder and president of BreastCancer.org, the world's most utilized online medical resource for breast health. Since 2010, she is also a breast-cancer survivor.

Weiss — who wrote the book Taking Care of Your "Girls": A Breast Health Guide for Girls, Teens, and In-Betweens — strongly recommends performing breast self-exams once a month several days after your period, despite some controversy about their effectiveness. She urges women to be their own best advocates.

"Early detection gives you the best shot of treating the cancer," Weiss says. "Breast cancer, in the early stages, has no symptoms. It doesn't let you know it is there."

Weiss suggests beginning the breast self-exam by inspecting your breasts closely in the mirror.

"You should take notice of changes in contour, rashes, indentations, nipple discharge and if one breast is bigger than the other," says Weiss.

Then, you should examine your breast either by moving the fingers up and down, travelling from the left to the right as if mowing a lawn. Or, start at the nipple and move your fingers outward in a spiral. Examine areas close to your breasts too, from the top of the collarbone, to the armpit, to the top of the abdomen.

"Each quadrant or neighbourhood of the breast should feel differently," says Weiss. "The upper-right area, near the armpit, tends to have the most prominent lumps and bumps. The lower half of the breast feels like a sandy or pebbly beach. The area around the nipple feels like large grains and another part may feel like lumpy oatmeal."

The goal of a regular exam is to familiarize yourself with how the various neighbourhoods of your breast normally feel and look.

"Does something stand out as different from the rest (like a rock on a sandy beach)? Has anything changed? Bring any changes in your breasts that last over a full month's cycle to the attention of your doctor," says Weiss.

Why the rise?

Weiss partially attributes the recent rise in breast cancer to women having children later.

- "Breasts are not fully formed until you have a full-term pregnancy. Nature gave breasts the job of producing milk. They are immature until they get a job," explains Weiss. Until they are fully formed, breasts are more susceptible to the hormones they come in contact with.

Skip that second drink

Along with self-exams, Weiss suggests lowering your risk of alcohol consumption to reduce your risk of breast cancer.

- "It's best to reduce consumption to five or fewer drinks per week, says Weiss. "The risk of breast cancer increases with the amount of alcohol consumed."

An uphill climb: Battling cancer one foot at a time

Another mountain to climb. For three breast-cancer survivors, a trek to Machu Picchu not only raised $65K, but proved they could find their inner strength

VAWN HIMMELSBACH
life@metronews.ca

Trekking the Andes in Peru to the fabled Machu Picchu isn't for the faint of heart. Steep climbs of up to 15,000 feet and camping in the cold would put anyone to the test.

But there's a reason why it's one of the most popular treks in the world: Winding your way through lush cloud forest past dramatic snow-capped peaks to reach the Lost City of the Incas is, for many, the experience of a lifetime. It's more than a trek — it's a pilgrimage.

And for three women who survived breast cancer, it was a pilgrimage more personal than most. Last May, they joined a group of Canadians who trekked through the Lares Valley to Machu Picchu as part of a fundraising challenge organized by Charity Challenge and supported by the Canadian Breast Cancer Foundation (CBCF).

The expedition raised more than $65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength when faced with another mountain to climb.

About Charity Challenge

- U.K.-based Charity Challenge, which recently launched in Canada, operates more than 100 fundraising expeditions for 1,500 people each year.
- Anyone can join any trip to raise money for any charity they're passionate about.
- For more info, visit charitychallenge.ca.

Robin Ferguson

62-year-old Robin Ferguson was diagnosed with breast cancer in March 2005. At the time, she was training for her third marathon.

"I didn't want to go through radiation," she said. "I looked at it like a wart — just get it off."

During this time, she kept hearing a song on the radio by country crooner Terri Clark, called I Wanna Do It All. "I'd be out running and that song would come on," she said. "And I wanted to do it all. I wasn't willing to give up — that was never an option."

Ferguson decided to have a mastectomy. In May of that same year, she walked a half-marathon. By January 2006, she was running marathons again.

With two daughters and four sisters (one of whom has also survived breast cancer), Ferguson makes a point to perform fundraising each year, including Run for the Cure. But seeing Machu Picchu had always been on her bucket list, so when the opportunity arose to participate in Charity Challenge, she jumped at the chance.

One of her sisters joined her on the trek and provided support during the tough parts. And the toughest part was climbing the stairs at the hotel the day she arrived in Cusco, Peru — when she was hit by the effects of the altitude and questioned her ability to do the trek.

"You think, 'I can't breathe; can I make the mountain if I can't manage the stairs?' I never expected that," Ferguson said.

Despite the challenges, she had several aha moments along the way — such as re-discovering her inner strength. "It ended up being more spiritual than I expected it to be," she said. "Our guide was a spiritual soul who believed in the power of nature and the mountains."

For Ferguson, nothing was comparable to the feeling of accomplishment after ascending 15,000 feet, reaching the Sun Gates and looking out at Machu Picchu — something, she says, most people only dream about.

Upcoming fundraisers

- CBCF is recruiting for a Cuban biking challenge in February 2014 and a trekking challenge in late 2014 — possibly the Great Wall of China or Mount Kilimanjaro in Tanzania (cbcf.org).
- Rethink Breast Cancer (a movement for young women affected by breast cancer) is organizing a trekking challenge to Machu Picchu from Sept. 5 to 13, 2014 (rethinkbreastcancer.com).

Challenge yourself!

Get off the couch and on to a challenge! Charity Challenge is offering Metro readers a $75 discount off the cost of a trip if they use "METRO" as a promotional code when booking. This offer is valid through the month of October.

Mary Ann Empson

For Mary Ann Empson, 60, the Alores Valley was a spiritual place — which she wasn't expecting. "I don't normally say that about things," she said. "It was actually quite overwhelming when we reached the Sun Gates. It's such a beautiful spot."

Empson was diagnosed with breast cancer in 1996. She then went through the whole gamut — radiation, chemo and surgery — over the course of a year.

"It gives you a bit of a reality check," she said.

While she wasn't overweight, Empson was a self-described couch potato. "I started running and really turned my life around," she said.

Empson, now retired from the University of Alberta's faculty of law, participated in another fundraiser, which involved climbing Mount Kilimanjaro in Tanzania — but Machu Picchu was always on her bucket list.

"Sometimes something presents itself and you realize this was meant to be," she said. "I love doing these kinds of challenges; something out of the ordinary, where you push yourself."

Despite that, she wasn't exactly comfortable getting out of her comfort zone. "It was tough, climbing in and out of that little tent at the end of a long day, no long showers … not having your Starbucks coffee; things we take for granted that all of a sudden are gone."

The peace and serenity of her surroundings, interacting with the locals she met along the way and the support of the group — people from across Canada who all shared a common link with breast cancer — got her through those tough parts.

The local children, in particular, captivated her. "The children are so genuine; there's a real innocence," she said. Doing this trek — and other challenges over the years — has taught Empson perseverance.

"I know that I have more willpower and tenacity that I maybe originally thought," she said. "(You have to) dig deep, get down in there and give it all you've got."

Raziya Sachedina

Doing the trek brought up a big fear for 68-year-old Raziya Sachedina — would she be able to finish it? As part of another fundraiser, she had attempted to climb Mount

Ain't no mountain high enough: Three breast-cancer survivors joined a group of Canadians who trekked to Machu Picchu as part of a fundraising challenge. The expedition raised more than $65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength. CONTRIBUTED

Reach for the sky

Conquering my fears to fight cancer

I think it's the fear of losing control.

Snakes are fine. So is public speaking. But heights? They terrify me.

So you can imagine how I felt when our company president "volun-told" me for a breast cancer fundraiser that involved walking around the outside of the CN Tower.

I'm OK in elevators and balconies — the fact that it's enclosed makes me feel safe. But I get tense when escalators have open sides and make a point of staying away from high ledges.

But cancer scares me more. I have seen people who lead healthy lifestyles get it. In August, we lost a Metro co-worker to cancer at age 36.

I'm told I'm a good fundraiser and I believe fighting our fears leads to personal growth. So I agreed to reach for the sky — literally.

So up the CN Tower I went last month, making sure not to step on the glass tiles in the elevator.

Up top, our group of fundraisers stood in a small room with glass doors while our safety harnesses were connected to a guide rail. The employees all joked that "it was their first day on the job."

Then, the doors opened. The wind gusted in and the temperature dropped. I tensed up. My hands became clammy and I tightened my grip on the harness.

When asked to step out on the ledge, I looked at the floor. That made it worse. The EdgeWalk floor is a grate; you can see the ground below. I stared at the CN Tower wall instead. My fellow fundraisers were

Fernando Carneiro on the edge 365 metres above the city. CONTRIBUTED

invited to "hang their toes over Toronto." I passed. Just being there felt like personal progress.

Over the course of the walk, I became bold enough to let go of the harness and enjoy the view. That was my personal limit that morning.

Back inside, as I was unharnessed, I felt my entire body hurt from being tense — it was as though I had been tenderized with a meat mallet. Yet, I started to feel a little daring. I immediately wanted to do it again.

Yes, it was mentally tough, but I plan to return. And this time I'll hang my toes over Toronto because I feel stronger now than I did before I faced my fear of heights.

And thank you to my colleagues at Metro, who helped me raise more than $1,600 for the EdgeWalk Challenge for the Canadian Breast Cancer Foundation CIBC Run for the Cure.

I suspect they did such a great job fundraising so they wouldn't have to do the EdgeWalk themselves.

FERNANDO CARNEIRO/METRO

FOR A VIDEO OF FERNANDO'S SKY-HIGH ADVENTURE, VISIT METRONEWS.CA

Kilimanjaro, but made it only two-thirds of the way before altitude sickness got the best of her. So she had something to prove to herself by going on this challenge.

"It was sitting in the back of my mind … and that was what took me onto the hike," she said.

Sachedina was diagnosed with breast cancer in 1993. "When I look back now, I think of it as an opportunity to really change my life," she said.

Her treatment involved a bilateral mastectomy, chemotherapy and reconstructive surgery. The same year she finished chemo, her husband passed away. Those experiences led her on a "therapeutic adventure," which involved becoming more physically active and to "not keep wallowing over stuff that I have no control over."

That path involved fundraising for breast cancer research, including Run for the Cure. "I feel very fortunate to be alive," said Sachedina. "All of these activities with CBCF have helped me move on."

While she was determined to do the trek, the challenge for her was "the amazing number of steps you have to climb," she said. "On a practice hike before we started the actual trek, I fell. I sprained my ankle; I took the fall on my knee. But that wasn't going to hold me back."

Getting to the Sun Gates involved climbing 2,800 almost-vertical steps. "I had to do that on all fours and it was raining and it was slippery," said Sachedina.

It was the group that kept her going. "They cheered me on, they supported me in every way they could,"

And, for her, carrying on despite a sprained ankle was worth it. "It was unbelievable — the beauty of the place, the serenity that you experience when you get to the Sun Gates," she said.

Sachedina proved something to herself by finishing the trek — she found a sense of strength that she describes as unbelievable. "I feel I can do anything now."

Communication. How to talk openly, honestly with your kids about cancer

With cancer, parents need to allow for questions and open communication. ISTOCK

ANISA ARSENAULT
Metro World News in New York

As a child psychiatrist, Dr. Lynn Bornfriend had been discussing different issues with kids for years. But her last two years at the Cancer Treatment Centers of America (CTCA) in Philadelphia brought a new struggle to light: the difficulty parents with cancer face in discussing their diagnosis with their children.

"It seemed that the parents had an extra burden: How do I protect my child? How do I plan for my child?" Bornfriend tells Metro. "And very quickly we became aware that this is something we have to spend more time on and come up with more resources for."

According to Bornfriend, the first hurdle is changing the outlook of parents who believe a discussion will only frighten their child. "Children are very perceptive, and they know when something is wrong, even if you're not speaking about it," she says. "So if you don't tell them what is going on, they're likely to think that it's worse than it really is, or that they're the cause of the problem."

Bornfriend's recommended course of action is honesty. "Your degree of honesty is tailored to what their developmental stage is, and their cognitive abilities," she says. Essentially, the transparency of your discussion will vary with the age of your kids.

Preschoolers need to be prepped for the physical changes they will see in a parent.

"You have to make clear to them that mommy or daddy is pretty sick," Bornfriend says. "You make them aware of some of the things they may see: mommy or daddy may be laying on the couch more. You talk to them about how you've made a choice, you're going to get treatment and you have a plan. You explain to them what it is and what it is not."

But Bornfriend warns not to get too caught up in details. "Young kids take what they can hear and then they're ready to move on," she explains. "You're ready to be explaining about chemotherapy and radiation and they're gone."

Teenagers, on the other hand, require much more transparency. "You have to give them specific information because they're going to have specific questions and they want to know what's going on in a clear way," Bornfriend says. Additionally, emotions may run high. "There may be a very dramatic response to your news, and you sort of have to batten down the hatches. Or they're going to want their own privacy in the way they deal with things."

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Greasy Grilled Cheese no more

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe serves three. ROSE REISMAN

I love grilled cheese sandwiches but they are always laden with fat from the butter spread all over the bread, not to mention the high-fat cheeses used.

I have filled this sandwich with veggies, chicken and Monterey cheese.

Instead of butter, the outside of the bread is just sprayed with vegetable oil.

Ingredients

- 1 small red bell pepper, top and seeds removed and cut into 4 wedges
- 3 oz boneless skinless chicken breast
- 6 slices of bread
- 3/4 cup grated Monterey Jack or aged cheddar cheese (2 1/4 oz/65 g)
- 1/3 cup sliced avocado
- 3 tbsp chopped cilantro

Sauce

- 3 tbsp light mayonnaise
- 1 1/2 tsp chopped chipotle pepper or jalapenos

1. Sandwich: Preheat oven to 425 F (220 C). Line small baking sheet with foil sprayed with vegetable oil. Roast bell pepper until charred (about 20 minutes). Cool, then remove the skin and slice thin.

2. Meanwhile, either grill or sauté the chicken breast just until it is just no longer pink or the temperature reaches 165 F (74 C). Cool, then slice.

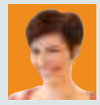
3. Sauce: Combine mayo and chipotle. Spread over bread.

4. Over 3 slices of bread, divide chicken, cheese, pepper, avocado and cilantro. Place other bread slices overtop.

5. Spray oil over outside of the sandwiches and grill in grill pan on medium heat for at least 5 minutes, turning halfway just until browned and the cheese begins to melt.

Health Solutions

Chickpeas are here to stay



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Chickpeas are the new chia — the health food of the future — and with good reason. They are easily grown, full of protein and as versatile as they are delicious.

Tossed into pasta or salad right from the can or sautéed in any seasoning from Indian curry to Lebanese lemon and mint, chickpeas add fibre, minerals, protein and crunch to any meal.

Hummus is a key food in today's cart and, according to Susan Niczowski, founder of Canada's own Summer Fresh Salads, it can be used in countless more ways than simply as a dip. Think about using a variety of flavours of hummus to:

- Spread onto chicken or fish before baking.
- Thin with vinegar and lemon juice to make a salad dressing.
- Spread into a sandwich in place of high fat, no fibre, no protein mayo.
- Stir into an omelette for a flavour flair.
- Mix with grated cheese and marinated artichokes and warm as a bread spread.

The diet leader, no matter which study you read, is the Mediterranean diet and it indicates more beans, less meat and much more fibre. Here is your single-handed helper.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Chicken Caesar

1. Preheat barbecue to medium-high heat.

2. Cut chicken breasts horizontally almost all the way in half. Open up like book. Brush chicken breasts with half of olive oil. Sprinkle with salt and pepper. Place on grill. Cook for 7 to 10 minutes, turning once halfway, or until cooked through. Set aside to cool. Reduce barbecue temperature to medium-low.

3. Cut baguette in quarters crosswise. Slice each portion in half horizontally. Brush cut surfaces with remaining oil. Place cut side down on grill. Toast for 2 to 3 minutes or until grill-marked and golden. Set aside.

4. In bowl, toss together romaine, Parmigiano and dressing. Set aside.

5. Cut cooled chicken breasts in half. Place baguette bottoms on work surface. Place one portion of chicken on each. Top each with two tomato slices and two bacon slices. Pile romaine mixture on top, dividing evenly. Carefully place a baguette top on each sandwich and secure with a skewer. **PRESIDENT'S CHOICE**

Ingredients

- 2 boneless skinless chicken breasts (about 400 g)
- 3 tbsp (45 ml) olive oil
- 1/4 tsp (1 ml) each salt and ground black pepper
- 1 baguette (about 350 g)
- 4 leaves romaine lettuce, thinly sliced (about 2 cups/500 ml loosely packed)
- 1/4 cup (50 ml) grated Parmigiano Reggiano
- 1/4 cup (50 ml) PC Caesar Dressing
- 1 medium tomato, cut in 8 slices
- 8 slices PC Free From Naturally Smoked Bacon, cooked crisp

If you build it by the loaf, they will come — and eat it

1. Heat oven to 400 F. Coat deep loaf pan with baking spray.

2. Use bread knife to cut loaf horizontally into thirds, creating bottom, middle and top layers. Set aside.

3. In bowl, whisk eggs, milk, thyme, salt and pepper.

4. Place bottom layer of bread in prepared loaf pan. Drizzle a third egg mix over bread, then use fork to gently press bread to help it absorb liquid.

5. Arrange half the ham in even layer over bread. Top ham with half the turkey, followed by half the cheese. Place middle section bread over ingredients, then use hand to gently compress bread and fillings. Drizzle another third of egg mixture over middle layer of bread, then press it gently with a fork to help it absorb the liquid.

6. Repeat layering of ham, turkey and cheese, then top with final layer of bread. Compress bread and fillings as before, then carefully pour remaining egg mix over the top. Some will run down sides between bread and the pan; this is fine. Press top of bread with fork to help it absorb the liquid.

7. Scatter Parmesan over top of loaf. Coat sheet of foil with cooking spray, then cover pan.

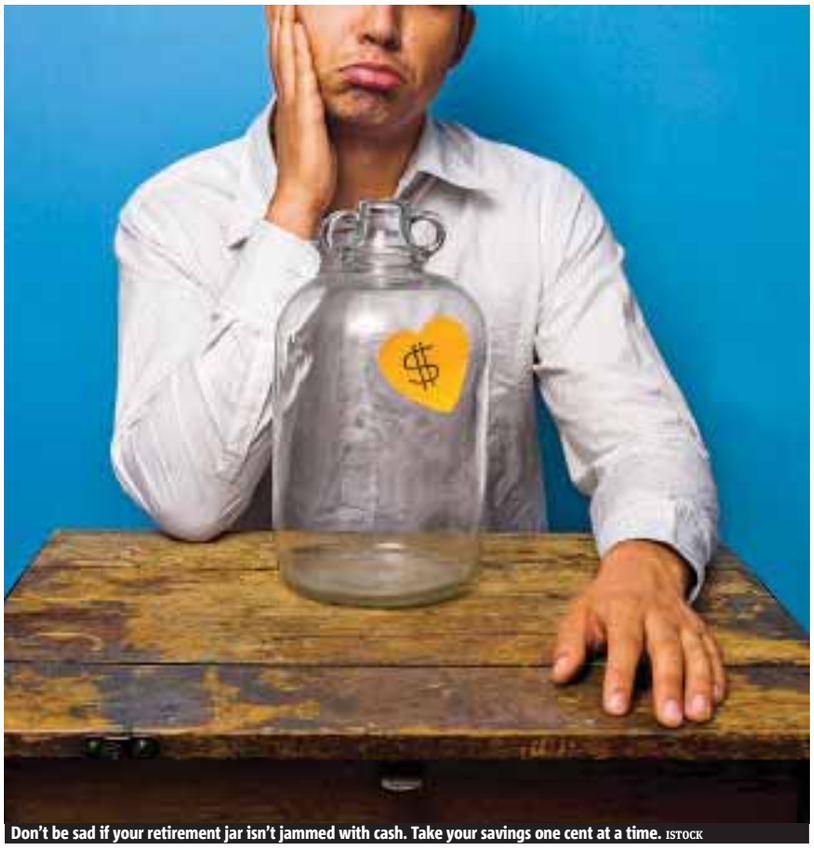
8. When ready to bake, set pan on oven's middle rack and bake for 1 hour, or until it reaches 155 F at centre. Uncover pan and bake another 5 minutes. Let cool slightly before serving.

9. To serve, cut loaf into thick slices. **THE ASSOCIATED PRESS**

Ingredients

- 1 loaf white sandwich bread, not sliced
- 3 eggs
- 1/2 cup milk
- 1 tsp dried thyme
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 4 oz deli sliced ham
- 8 oz deli sliced turkey breast
- 1 cup grated cheddar cheese
- 1/2 cup grated Parmesan

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS



Don't be sad if your retirement jar isn't jammed with cash. Take your savings one cent at a time. ISTOCK

Pause at the piggy bank: Slow but steady wins the race to retirement

A full wallet après-work. It may not be all be yachts and time-share, but there are ways to assure that you relax into retirement

JON STEIN
Metro World News

If your retirement account is more goose egg than nest egg, you're not alone — especially if you're in your 30s or 40s.

Between 2007 and 2010, Gen Xers lost nearly half their wealth — an average of $33,000 per household — according to a recent study from Pew Charitable Trusts. Ouch. Luckily, it's not too late to turn things around. Let's get started.

Don't think about saving

You may not be broke, but living in a major city will stretch most paychecks. So don't focus on spending less right now, but saving first. The best way to do that? Make it automatic. Behavioural finance research shows that if you set up a regular, automatic transfer to your savings or retirement account — or have your employer do it for you — you'll be amazed at how quickly your savings will add up.

Glad you're nodding! Now do something. Set a reminder on your calendar or phone (research shows these alerts help, too).

Be smart about where you save

If you have a pension plan or something similar at work, start saving here, no matter what. Save as much as you can, especially if your employer offers a match. If you don't have access through your employer — many people don't — you can open your own RRSP.

Take the long view

If investing your hard-earned money into stocks, bonds and mutual or index funds sounds scary, that's a natural fear.

- Here's what you need to look for: Low fees, index funds (which are also typically low- cost), and no "get-rich-quick" promises Above all, don't let uncertainty stop you from moving forward.

Wingmen for hire: Find love through fake friends

New-age dating solution. These shameless, selfless 'lovepreneurs' can help shy, undiscovered catches out there meet new people and form relationships

KIERON MONKS
Metro World News

Thomas Edwards, founder of The Professional Wingman, with a client. CONTRIBUTED

You're hot, funny and successful, but no one knows because you don't know how to meet people. Enter the wingmen: romantic fixers who play the role of best friend to get you started with the perfect partner.

"It's three things that make a wingman," says Thomas Edwards, 28, founder of U.S. firm The Professional Wingman.

"You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem amazing." For $125 an hour, Edwards and his team take clients to likely social venues and get them talking to desirable targets, before providing real-time feedback on how to improve their game.

"Whether clients are aged 21 or 63, there are behaviour patterns that stop them making connections. Our job is to break them down and build them up again — often their closest friends don't recognize them after." The "lovepreneur" started the business to get over his own heartache and has developed a stellar reputation, with many clients now married; Barack Obama is among his Twitter followers.

Edwards' business model has inspired similar companies across the world, including services for women and gay people. While online dating has become a multi-billion dollar industry, Edwards believes it benefits rather than competes with him.

The wingman's creed

"You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem amazing."

Thomas Edwards, the founder of U.S. firm The Professional Wingman
On what the job of a pro wingman entails

"It creates a need for skills like mine. If you don't talk to real people your personal skills start to atrophy."

The Positive Psychology Institute is convinced, reporting that wingmen "help to alleviate nerves or pressure … and give perspective on the date".

User reviews are also positive, with feedback thanking Edwards for "brilliant solutions" and "awesome advice."

It seems the wingmen will be flying high for a time yet — so don't be alarmed if one flies over during a romantic dinner.

Starting the new season with overtime?

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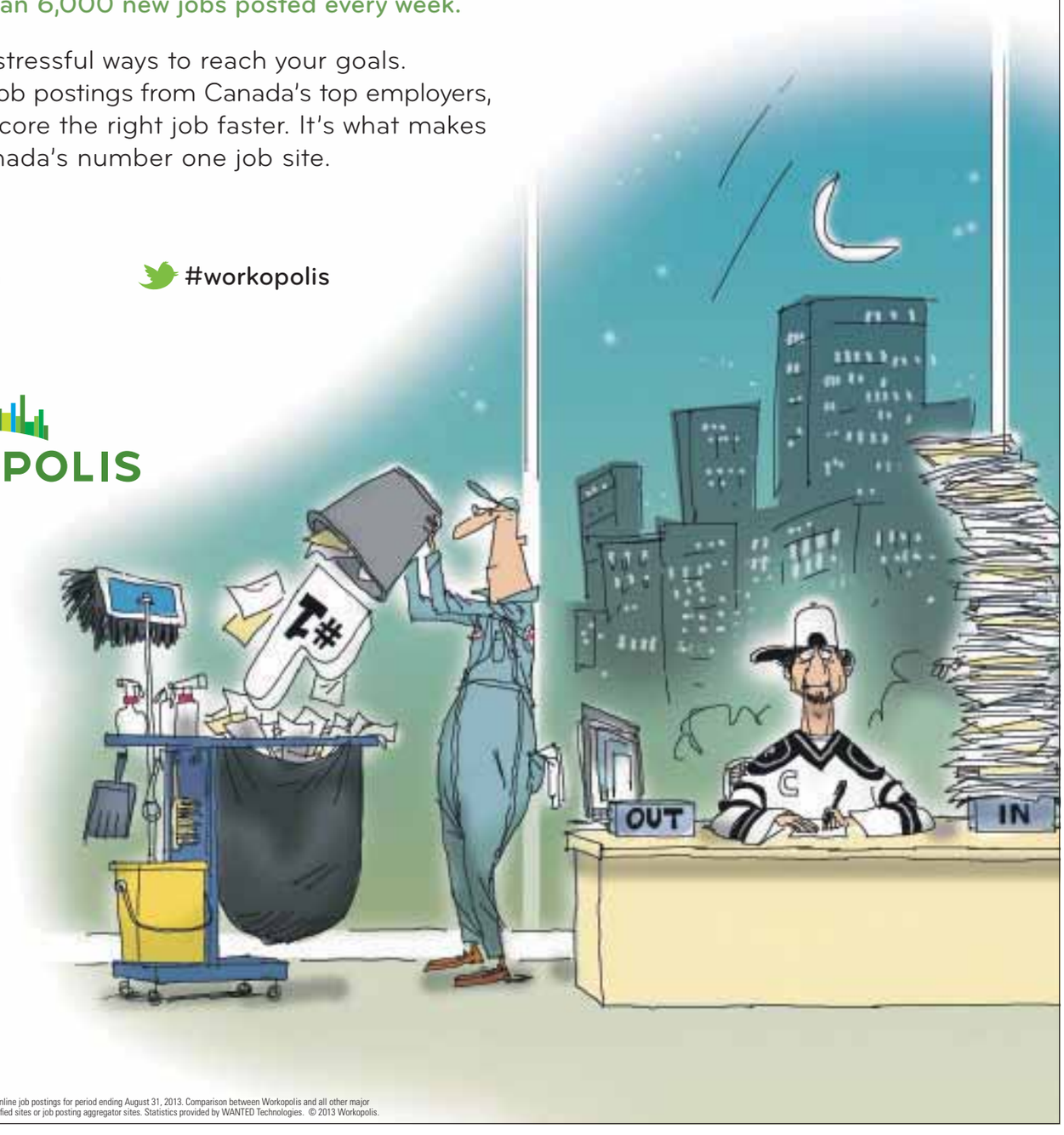


"Number one job site" based on six-month average online job postings for period ending August 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

NHL

Players OK changes to icing

Hybrid icing will be in effect for the start of the regular season after it was approved by the players.

The NHLPA gave the go-ahead for the rule change that makes icing a race to an imaginary line across the faceoff dots instead of the puck, which was given a trial run during the pre-season.

"After testing hybrid icing during the pre-season games, the players participated in a survey and a majority of teams supported this rule change in an effort to make the game safer," NHLPA special assistant to the executive director Mathieu Schneider said in a statement. THE CANADIAN PRESS

MLB

Hearing on A-Rod suspension starts before arbitrator

The grievance to overturn Alex Rodriguez's 211-game suspension began Monday before arbitrator Fredric Horowitz.

The New York Yankees third baseman was wearing a business suit and was accompanied by lawyers when he arrived for the session at Major League Baseball's headquarters in Manhattan.

A three-time AL MVP, Rodriguez was suspended Aug. 5 for alleged violations of baseball's drug agreement and labour contract. Because he's a first offender under the drug program and the players' association filed a grievance to force an appeal, a suspension can't start until it is upheld by an arbitrator.

THE ASSOCIATED PRESS

New wrinkle opens new can of worms

Realignment. Travel to become easier, but post-season odds and playoff format among new complexities

The Jets and the Blackhawks are switching places, but not all is so cut and dry with the realignment of divisions.
GETTY IMAGES FILE

The Winnipeg Jets are in the Western Conference, the Detroit Red Wings and Columbus Blue Jackets are in the East and all is right with the NHL. Right?

Not quite. Realignment into four divisions — the eight-team Metropolitan and Atlantic in the East and the seven-team Central and Pacific in the West — will solve some travel problems, but also create more questions.

Uneven playoff odds between the conferences is where the debate starts. Buffalo Sabres forward Ville Leino and others have questioned whether having 16 teams for eight spots in the East is "really fair" compared to 14 teams for the same amount of playoff berths out West.

"It's going to be so many percentage points tougher for us to qualify for the playoffs, and every team on our side," Toronto Maple Leafs coach Randy Carlyle said. "(It) kind of makes you scratch your head over the course of the summer: 'Why is that happening in this side and not the other side?'"

The short answer is that teams in the Western Conference still have tougher travel than those in the East, something that could be argued as a trade-off for shorter playoff odds.

"Within your conference and your division, you're balanced against everybody else you're competing against," commissioner Gary Bettman said. "And, frankly, the addition of a team, seven versus eight, those aren't the teams that are really competing for the playoffs. It's really the top five or six teams that are doing it. I don't think it's a good idea for clubs to be using this as an excuse as to whether or not they make the playoffs."

But the balance isn't perfect. Teams play some division foes five times and others four times, and three games against conference rivals outside the division make for some uneven scheduling. For example, the Jets host the Kings twice and travel to Los Angeles once, while the Minnesota Wild have to play twice at Staples Center and get the Kings at home once.

One thing that is uniform is that every team will see every other team at least once at home and on the road. Players gave that change rave reviews.

"I think it's great for the fans, they get to see all the players," Edmonton Oilers forward Jordan Eberle said. "Maybe the Sidney Crosbys, the (Alex) Ovechkins, who were only there once every two years, now they get to see them every year." THE CANADIAN PRESS

Playoff structure

The new playoff format puts a heavier emphasis on division play.

- The top three teams from each make the playoffs, plus two wild cards from each conference.
- Then, the playoffs happen within the divisions until four champions are crowned and move on to the conference finals. Of course it's possible that the Montreal Canadiens come out of the Metropolitan Division playoffs or the Vancouver Canucks out of the Central if they qualify as wild cards.

Helmet-to-helmet hits back in spotlight

Cleyon Laing, left, was flagged for his hit to Mike Reilly's head.
JASON FRANSON/THE CANADIAN PRESS

The issue of helmet-to-helmet hits and their devastating effects is front and centre again but CFL president Michael Copeland doesn't believe the issue is reaching epidemic levels.

Edmonton quarterback Mike Reilly took a nasty hit to the back of his head from Toronto rookie defensive lineman Cleyon Laing in the Argonauts' 34-22 win Saturday night. Although appearing wobbly upon getting up, Reilly remained in the contest after being evaluated by Eskimos medical staff.

On the next play, Reilly dropped the direct snap but recovered and threw a 17-yard TD strike to Shamawd Chambers. When he came to the sidelines, Reilly was re-evaluated and replaced by veteran backup Kerry Joseph.

On Sunday, the Eskimos confirmed Reilly had suffered a concussion and he's out indefinitely. That leaves Hamilton's Henry Burris, 38, as the lone CFL starter still standing.

The six-foot-three, 280-pound Laing was flagged for his hit and the Edmonton native is expected to be fined this week by the CFL.

It's an approach, Copeland says, that's working.

"Concussions, according to our records, are flat this year relative to last and man-games lost to concussions are down, which I think speaks to better concussion management," he said. "I think it's having an effect because when we talk to our officials, they tell us they see more players changing the way they tackle and that the culture among players is changing.

"You're going to see certain plays happen and again they're fairly high profile. But there's many things people necessarily don't see that I think speak to the success of what we've been doing."

Often, the CFL fines a player for a helmet-to-helmet hit but Copeland said the league can issue a suspension if warranted. THE CANADIAN PRESS

4 SPORTS

A history of heartache

Canada's Stanley Cup drought reached 19 seasons in 2013. Here's a look at the teams that have come closest since the Montreal Canadiens won it in 1993:

THE CANADIAN PRESS
Photos by Getty Images

'94 Canucks

Led by Pavel Bure, the Canucks rallied from a 3-1 deficit against the New York Rangers in the Stanley Cup final before losing in Game 7 at Madison Square Garden. Longtime Edmonton Oilers star Mark Messier won his sixth championship and prevented Canada from celebrating back-to-back Cups.

'04 Flames

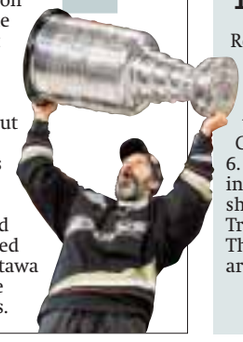
When Oleg Saprykin scored the Game 5 overtime winner to put the Flames on the verge of their second Cup in franchise history, it seemed like a matter of time. But then Marty St. Louis stunned Calgary at the Saddledome in the second overtime of Game 6, and Ruslan Fedotenko scored twice in Game 7 to win it all for the Tampa Bay Lightning.

'06 Oilers

The eighth seed in the Western Conference rode goaltender Dwayne Roloson's brilliance to victories over the Detroit Red Wings, San Jose Sharks and Anaheim Ducks before running into Cam Ward and the Carolina Hurricanes. Roloson suffered a knee injury in the Cup final, but the Oilers took it to Game 7 before falling short.

'07 Senators

Frustration boiled over for the Senators in the form of usually poised captain Daniel Alfredsson shooting the puck at Anaheim Ducks captain Scott Niedermayer in the closing seconds of the second period of Game 4. Alfredsson said he didn't do it intentionally, but the Ducks were fired up and finished off Ottawa in five games.



'11 Canucks

Roberto Luongo and Cory Schneider split time in net for the Canucks, who imploded with the chance to win the Cup in Boston in Game 6. It got worse back home in Game 7, as they were shut out by Conn Smythe Trophy-winner Tim Thomas, setting off riots around Vancouver.

Hope in the Great White North

"There are a lot more American teams than Canadian teams, so you can put that in perspective. It's bound to happen eventually."

Oilers forward Jordan Eberle

"A couple bounces a couple different ways, maybe a Canadian team would've won in the last little while."

Jets captain Andrew Ladd

"Canada deserves a Stanley Cup, so hopefully we can bring it."

Senators captain Jason Spezza

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Horoscopes

♈ Aries
March 21 - April 20
You could end up spending a small fortune today because you are looking for ways to cheer yourself up. Feeling good about yourself has nothing to do with money and everything to do with attitude.

♉ Taurus
April 21 - May 21
With Venus, your ruling planet, moving through your opposite sign of Scorpio, you don't need to force things today. You only need power of persuasion — sweet words will get you everything you need.

♊ Gemini
May 22 - June 21
There is no such thing as something for nothing and you will need to remind yourself of that several times today. Having said that, there are still a lot of generous souls out there.

♋ Cancer
June 22 - July 23
This is a fortunate time for you and you should milk it for all it is worth. Use your head today but listen to your heart as well. Get the balance right and you can do no wrong.

♌ Leo
July 24 - Aug. 23
If you need to make amends for something you did or said that you now regret, do it today. You don't have to make a big show of it but you do have to be sincere. Others will know if you don't mean it.

♍ Virgo
Aug. 24 - Sept. 23
You can do no wrong and even your bitterest rivals want to see you do well. Can you believe that? You should, because it's true. Everything will go right for you today — enjoy it.

♎ Libra
Sept. 24 - Oct. 23
You are in a generous mood, which is nice. But it could also be dangerous if you give to those who don't really deserve it. Make sure your largesse goes to the right people.

♏ Scorpio
Oct. 24 - Nov. 22
The decisions you make over the next 24 hours will cause ripples, small ones that then spread out and have consequences far and wide. Make it your aim to change your world, for the better.

♐ Sagittarius
Nov. 23 - Dec. 21
Sudden events will force you to change direction maybe several times over the next few days. Being an adventurous Sag, you enjoy change so don't be fazed — be delighted!

♑ Capricorn
Dec. 22 - Jan. 20
You may not approve of what a friend is trying to do but it is not your business to tell them it isn't allowed. Everyone has freedom of choice and you must respect that.

♒ Aquarius
Jan. 21 - Feb. 19
Someone important is looking at you and and clearly like what they see. They will like it even more if you are modest and don't make a big noise about your success. How likely is that?

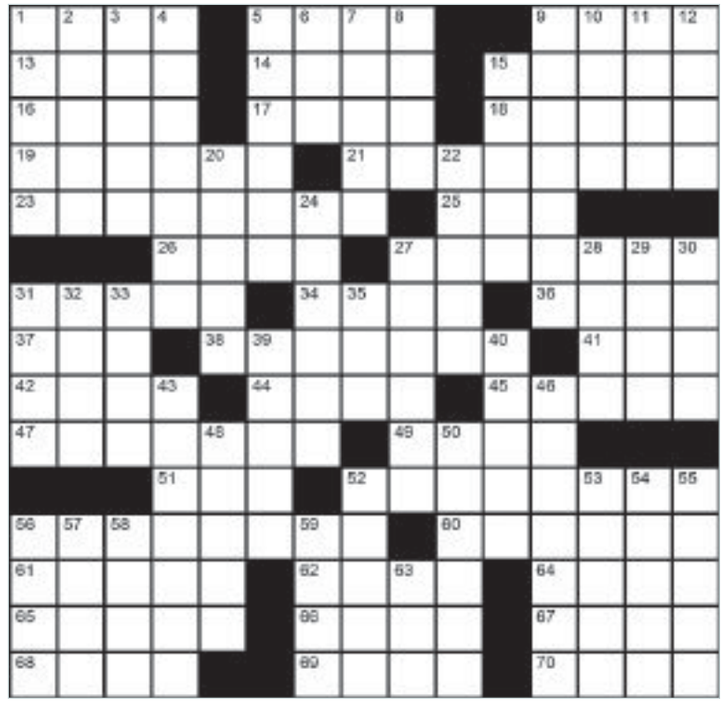
♓ Pisces
Feb. 20 - March 20
Save your energy for the things that really matter. What are they? They are the things that give your life meaning. Success is important, of course, but don't neglect your "spiritual" side. Aim to be a better person.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

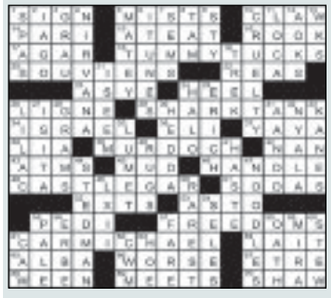
BY KELLY ANN BUCHANAN



Across
1. Shortened sandwiches
5. Ticket tidbit
9. Thickening gum
13. Handled easily, as a ship
14. Hair hues, sometimes
15. Health: French
16. Nameless [abbr.]
17. Joke reaction
18. Gladiator's 2003
19. Edmonton-born hockey star Jarome
21. Reigning without losses
23. __ In Motion (BlackBerry, once)
25. Vodka, e.g.
26. Waiter's prop
27. Nigel of TV talent
31. The Divine Comedy writer
34. Actor, Scott __
36. Garner
37. 'Advert' suffix
38. Get supplies: 2 wds.
41. "The Hunt for __ October" (1990)
42. Saturate
44. "The '__ 'e knows above a bit, the bullock's but a fool..." - Rudyard Kipling
45. Chasm
47. Popular sport
49. Unaccompanied
51. UK record label
52. New Brunswick attraction, __ Rocks
56. Luxury 'house' of France
60. The Merchant of Venice character
61. __ acid
62. Dog, with Lhasa
64. Composer Mr. Berlin, et al.
65. Badger
66. Soaks flax
67. Night: French
68. Classic record label
69. Sister on "Charmed"
70. Mil. titles

Down
1. Way to travel: 2 wds.
2. Actress Jessica
3. Three: French
4. Mack __ (Canadian filmmaker known for his Keystone Kops movies)
5. Big desert
6. Travel screening gr.
7. "Yup."
8. "Touched __ Angel": 2 wds.
9. Central character in Louise Penny's Quebec-set mystery novels, Chief Inspector Armand __
10. Portion
11. End in __ (Draw): 2 wds.
12. Harness
15. Extract metal from ore
20. Guardians in ancient Rome
22. CCR's "Born on the __"
24. Robotically-enhanced Sci-Fi human
27. "It's done this way...": 2 wds.
28. Jackson 5 hometown in Indiana
29. Mining discoveries
30. Breaks off
31. 'D' of CD, variantly
32. Not worth _ __ (Without value)
33. Close
35. House-coolers in windows, briefly
39. Music chord type
40. Archaeology-style of prefix
43. Tissues brand
46. Canadian retailer, established in 1811 in Newfoundland
48. 1986 Tony-winning Best Play, __ Rappaport: 2 wds.
50. Fight
52. Overly active
53. "The _! __ Hollywood Story"
54. "__' on a Prayer" by Bon Jovi
55. Holds up
56. Schmoozes
57. "How _ __ Your Mother"
58. Traveller's documentation
59. Large instrument
63. Alphabetic trio

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	7	3	8	6	1	4	9	2
6	9	4	7	2	3	8	1	5
2	8	1	5	4	9	7	3	6
7	3	5	4	1	6	9	2	8
8	1	6	9	7	2	5	4	3
4	2	9	3	5	8	1	6	7
9	4	8	6	3	7	2	5	1
3	5	2	1	8	4	6	7	9
1	8	7	2	9	5	3	8	4

Sudoku

7			3		8			
1	8						3	4
	9			6		7		
	4		8	7				6
		7				2		
2				5	9		4	
		8		4			7	
6	5						9	3
			9		6			2

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